

This is **G o o g l e**'s cache of <http://www.beyond-a-century.com/supguide.html>.

**G o o g l e**'s cache is the snapshot that we took of the page as we crawled the web.


The page may have changed since that time. Click here for the [current page](#) without highlighting.

To link to or bookmark this page, use the following url:

<http://www.google.com/search?q=cache:M2R6bP6S-CoC:www.beyond-a-century.com/supguide.html+lipoic+acid+carnitine+coQ+protein&hl=en&>

*Google is not affiliated with the authors of this page nor responsible for its content.*

These search terms have been highlighted: **lipoic acid carnitine coq protein**

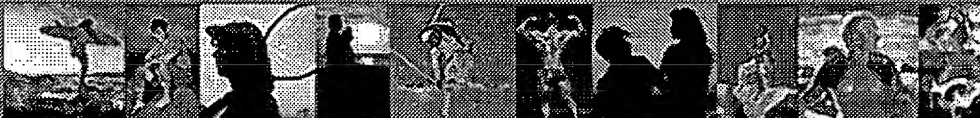


- **BAC Products**  
View & Purchase Online
- **Supplement Guide**  
For Special Interests
- **Request Catalog**  
Hard Copy via Mail
- **Shipping Policies**  
& International Orders
- **Order/Email**  
**Retrieval Policies**  
Please Read!
- **FAQs, Info, Bios**
- **Contact Us**
- **Other Links**

We Have What  
You're Looking For!

**ORDER ONLINE**  
Click Here

## Quality Nutritional Supplements at The Lowest Prices Possible!



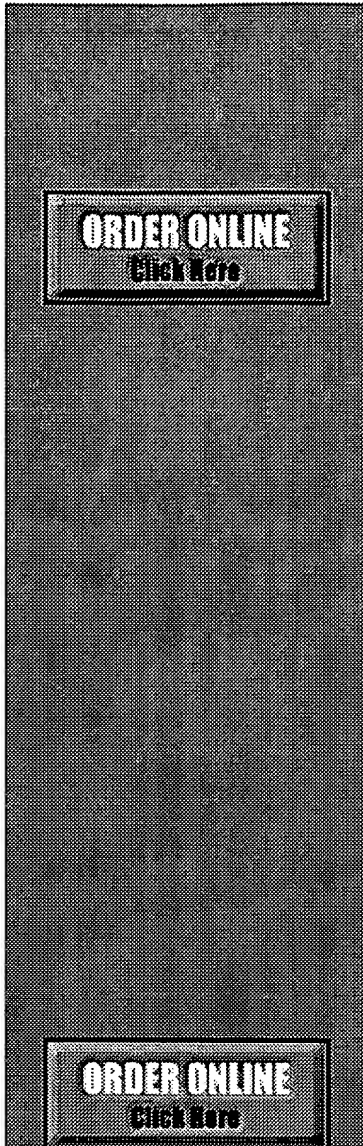
### Supplement Guide

Below are some lists of supplements under specific categories. Lists are compiled the use of extensive third party literature. We are not allowed to recommend produ the treatment of disease or a specific condition. None of our products are intended treat any disease or disorder. We encourage our customers to be their own best h advocates and take advantage of the wide range of literature available to them..

You can reference products below, then proceed to our catalog by clicking the "O Online" button.

<p><u><b>Life Extension</b></u></p> <p><u><b>Fat Loss/Blood Sugar</b></u></p> <p><u><b>Muscle Building</b></u></p> <p><u><b>Testosterone Enhancers</b></u></p> <p><u><b>Anti-Estrogen Products</b></u></p> <p><u><b>Male/Female Vitality</b></u></p> <p><u><b>Immune Function</b></u></p> <p><u><b>Prostate Function</b></u></p> <p><u><b>Joint Function</b></u></p> <p><u><b>Women's Products</b></u></p>	<p><u><b>Liver Function</b></u></p> <p><u><b>Adaptogens</b></u></p> <p><u><b>Cardiovascular</b></u></p> <p><u><b>Energy/Endurance</b></u></p> <p><u><b>Allergy/Respiratory</b></u></p> <p><u><b>Gastrointestinal</b></u></p> <p><u><b>Mood/Anxiety/Depression</b></u></p> <p><u><b>Brain/Nerve Function</b></u></p> <p><u><b>Bone Health</b></u></p>
--	--

**Suggested Basic Life Extension Program:** LE Mix or other vit/min/antioxidant; e minerals; GH Releasers; CoQ10; neurological products; extra antioxidants (C, E, selenium, NAC, lipoic acid, etc.); sugar/insulin controllers; phytonutrients; carb



restriction & good fats (flax, omega 3, CLA). Hormone replacement or enhancement. (GH, melatonin, DHEA, testosterone, estrogen control pregnenolone, progestins, phytoestrogens, etc.). [TOP](#)

**Fat Loss & Blood Sugar Control:** Recent headlines, "Pasta Can Make You Fat," highlight the fact that many do not do well on a low fat, high carbohydrate diet. You more articles recommending lowering carbs (especially high glycemic carbs) and [protein](#) and good fats (avoid hydrogenated, trans fats). Aerobic exercise with short intensity periods have been shown to be more effective for fat loss than aerobic exercise alone. Helpful supplements: blood sugar & insulin controllers (HCA, Glucosol (ba CarboBloc, carnosine, chromium, vanadyl, gymnema, fenugreek, Herbal Sugar C [lipoic acid](#), Phaseolamin, green tea, yeast, stevia, xylitol, erythritol); thermogenic & appetite suppressors (ephedra, bitter orange, guggul, green tea, DHEA, ThyroP Terminator, Zing, yohimbe, ephedra-free Thermogenic Formula, glutamine, phenylalanine, tyrosine, 5-HTP, St John's Wort); fat blockers & fiber (fenugreek fiber, guar gum, psyllium, chitosan, phytosterols); fat burning enhancers ([carnitine](#), pyr MCT, CLA, GLA, flax or omega 3 fish oil, collagen); pro-testosterone/anti-estrogen products; GH Releasers; potassium/magnesium supplements; high [protein](#), low carb meal replacements. [TOP](#)

**Muscle Building:** Brief, high intensity exercise for major muscle groups with adequate recovery time. Never overtrain. Helpful supplements: vitamin, mineral, antioxidant formulas; whey [protein](#); GH releasers; sugar & insulin controllers; testosterone enhancers/anti-estrogen products; anabolics & anti-catabolics (creatine, Anabolic methoxy isoflavone, ribose, creatine pyruvate, glutamine, PS, norandrostenediol, 5 AD, 1-4 ADD, colostrum, [lipoic acid](#), taurine, deer antler, NAC, TMG, CLA); work stimulants (guarana, ephedra, bitter orange, Zing, Terminator, yohimbe). [TOP](#)

**Testosterone Enhancers:** Testosterone enhancers: androstene (dione/diol), ZM boron, tribulus, avena sativa, nettle root, Sex-Tiva, forskolin, ipriflavone, cordyceps ginseng, maca, muira puama, deer antler, DIM, DHEA. Testosterone may be supported by large amounts of saw palmetto, licorice, and grapefruit juice. [TOP](#)

**Anti-Estrogen Products:** Anti-Estrogen Formula, chrysin, DIM, I3C, progesterone

cream, calcium D-glucarate, flax lignan, chaste berry, quercetin, ipriflavone, meth isoflavone, nettle root, 5-androstenediol, 5-alpha AD, soy isoflavones. [TOP](#)

**Male/Female Vitaily:** arginine, Buffered Arginine, yohimbe, histidine, catuaba, mu puama, Jungle Power, maca, horny goat weed, ginkgo, schisandra, rhodiola, dam SexEss, SexTiva, deer antler, ashwagandha, zinc, fo ti, niacin, kava; pro-testosterone/anti-estrogen products. [TOP](#)

**Immune Function:** cysteine, 5-androstenediol, colostrum, whey [protein](#), [CoQ-10](#) andrographis, aloe, arabinogalactans, astragalus, cat's claw, echinacea, horny go weed, maitake, Mushroom Immune, reishi, cordyceps, resveratrol, Thymic [Protein](#) beta glucan, AHCC, noni, pau d' arco, zinc, deer antler, IP-6, CM, CLA, olive leaf, oregano, panax ginseng, shark liver oil, lactoferrin, Siberian ginseng, rhodiola, He selenium, garlic, xylitol, melatonin, pregnenolone, DHEA, MSM, elderberry; testos & GH releasers. [TOP](#)

**Prostate Function:** zinc, saw palmetto, phytosterol complex (beta sitosterol), Bet Prostate, forskolin, Prosper, nettle root, Prostate Support, lycopene, pygeum, ome GLA, modified citrus pectin, rhodiola, quercetin, I3C, DIM; anti-estrogen products.

**Joint Function:** glucosamine, chondroitin sulfate, Joint Support, CM, sea cucumb green-lipped mussel, collagen, MSM, omega 3 fish oil, flax oil, GLA, calcium AEP D-3, boswellia, SAME, pine bark & grape seed extract, pantethine, pregnenolone, copper, bromelain, curcumin, rosemary, aloe. [TOP](#)

**Woman's Products (PMS, menopause):** progesterone creams, dong quai, maca chaste berry, resveratrol, tribulus, soy isoflavones, black cohosh, Hot Flash, Thyro DIM, I3C, calcium D-glucarate, omega 3, flax oil, GLA, ipriflavone, damiana, SexE SexTiva, androstenedione, DHEA, pregnenolone, folic [acid](#). [TOP](#)

**Liver Function:** methionine, TMG, silymarin, gamma oryzanol, [lipoic acid](#), phos. choline, andrographis, phylanthus, reishi, rhodiola, schizandra, HerpEeze, Liver G Liver Support, SAME, green tea, garlic. [TOP](#)

**Adaptogens:** panax ginseng, Siberian ginseng, rhodiola, deer antler, pau d' arco, schizandra, noni, ashwagandha, fo ti, gotu kola, maca, Jungle Power, andograph horny goat weed, cordyceps, jiagoulan. [TOP](#)

**Cardiovascular System:** [carnitine](#), taurine, CoQ10, Buffered Arginine, DMG, TM ribose, magnesium orotate, potassuim/magnesium aspartate, serrapeptase, ginkg policosanol, grapefruit pectin, horse chestnut, bilberry, Fruit Antioxidants, selenium ginger, green tea, hawthorne, B12, folic [acid](#), B6, niacin, pine bark/grape seed, rosemary, rhodiola, horny goat weed, ginseng, vit E & C, proline, lysine, arginine, c pantethine, garlic, guggul, aloe, EPA/DHA, GLA, vit K. [TOP](#)

**Energy/Endurance:** glutamine & BCAA, [carnitine](#), 4-androstenedione & -diol, cre magnesium, glycerine, [lipoic acid](#), MCT oil, octacosanol, ribose, CoQ10, DMAE, Forskolin, Thyroplex, Revenge, Anabolica, pyruvate, Megahydrin, B5, K/Mg aspar PAK, DMG, TMG, EPA/DHA; rhodiola, cordyceps, & other adaptogens (see above stimulants (ephedra, guarana, bitter orange, Therminator, Zing, phenylalanine, tyr Fast Blast); blood sugar controllers. [TOP](#)

**ORDER ONLINE**  
Click Here

**ORDER ONLINE**  
Click Here

**Allergy/Respiratory:** RespirAll, quercetin, bromelain, MSM, noni, horny goat wee nettle leaf, pregnenolone, pine bark/grape seed, resveratrol, B12, DHEA, panteth B6, B12. [TOP](#)

**Gastrointestinal:** licorice (DGL), n-acetyl glucosamine, glutamine, mastic gum, arabinogalactans, acidophilus, FOS, aloe, guar gum, psyllium, flax seed, cat's cl gamma oryzanol, bromelain, serrapeptase, Essential Enzymes. [TOP](#)

**Mood/Anxiety/Depression:** DMAE & other choline products, green tea, theanine John's wort, 5HTP, SAME, bacopa, PSB, phos. serine, kava, inositol, niacinamide, GH3, NADH, TMG, magnesium, tyrosine, phenylalanine, rhodiola, chrysin, passifl B12, omega 3, GLA, melatonin, progesterone (women), relaxin ( for FMS); see blo sugar & insulin control, and lo-carb diet. [TOP](#)

**Brain/Nerve Function**—also search "neurological": acetyl L-[carnitine](#), theanine, G octacosanol, glutamine, pyroglutamic [acid](#), taurine, 5-HTP, choline products, pine bark/grape seed, rhodiola, rosemary, pregnenolone, DHA, ginkgo, SAME, NADH, B12 methylcobalamin.. [TOP](#)

**Bone Health:** ipriflavone, calcium/magnesium, boron, CM, progesterone cream, methoxy isoflavone,, soy isoflavones, DHEA, pregnenolone, testosterone enhance [TOP](#)



---

[Home](#) | [BAC Products](#) | [Supplement Guide](#) | [Request Catalog](#)

[Shipping Policies](#) | [Order/Email Policies](#) | [FAQs,Info,Bios](#) | [Contact Us](#)







Energy.  
Need more  
of it?



**Q-Gel® Forte**  
**(30mg of**  
**Hydrosoluble™**  
**CoQ10) 60**  
**Softgels**

**Regular price:**  
**\$29.95**  
**Sale price:**  
**\$14.95**



**Q-Gel® Ultra**  
**(60mg of**  
**Hydrosoluble™**  
**CoQ10) 60**  
**Softgels**

Regular price:  
\$54.95  
Sale price:  
**\$27.50**



## **L-Carnitine and Q-Gel® (60 Softgels)**

Regular  
price:  
**\$49.95**  
Sale price:  
**\$23.50**



**2oz Derma**  
**Q-Gel®**

**Regular price:**  
**\$39.95**  
**Sale price:**  
**\$24.95,**  
**5/\$99.75,**  
**12/\$210.00**



**Lipo-Gel™**  
**Alpha-Lipoic**  
**Acid (90**  
**Softgels)**

**Regular price:**  
**\$28.95**  
**Sale price:**  
**\$14.95**



**Liquid**  
**Calcium**  
**(100**  
**Softgels)**

**Regular  
price:  
\$14.95  
Sale price:  
\$7.95**



**Physician's  
Multi Vitamin  
Formula (90  
Caplets)**

**Regular price:**  
**\$24.95**  
**Sale price:**  
**\$12.95**



### Prostate Plus

**Regular price:**  
**\$29.95**  
**Sale price:**  
**\$14.95**



**Triple  
Action B-12  
(60  
Tablets)**


**Regular  
price:  
\$11.95  
Sale price:  
\$5.95**



Omega 3 (100  
Enteric -Coated  
Softgels)

**Regular price:**  
**\$24.95**  
**Sale price:**  
**\$12.95,**  
**12/\$149.40**



**Vege -Gel®**  
**100%**  
**Vegetarian**  
**(20mg**

**Hydrosoluble**  
**CoQ10 / 60**  
**Capsules)**  
Regular price:  
\$29.95  
Sale price:  
**\$14.95**



Advanced  
Cardio  
Formula  
Regular

price:  
\$59.95  
Sale price:  
**\$29.95,**  
**2/\$49.90**



**L-Carnitine (60 capsules)**

**Regular price:**  
**\$19.95**  
**Sale price:**  
**\$10.95,**  
**6/\$59.70**



**Maximum  
Strength  
Glucosamine &  
Chondroitin (2  
month supply)**

**Regular price:**  
**\$59.95**  
**Sale price:**  
**\$29.50**

**\*These statements have not been evaluated by the Food & Drug Administration. These products are not intended to diagnose, treat, cure or prevent any disease.**

**Any questions? Please email, or, in the U.S., call: 1-800-866-0978**  
[www.epic4health.com](http://www.epic4health.com)

This is Google's cache of <http://www.inutritionals.com/brainsustain.shtml>.

Google's cache is the snapshot that we took of the page as we crawled the web.

The page may have changed since that time. Click here for the [current page](#) without highlighting.

To link to or bookmark this page, use the following url:

<http://www.google.com/search?q=cache:Q3ANN7wio6AC:www.inutritionals.com/brainsustain.shtml+lipoic+acid+carnitine+coenzyme+q&hl=en&ie=UTF-8>

*Google is not affiliated with the authors of this page nor responsible for its content.*

These search terms have been highlighted: **lipoic acid carnitine coenzyme q**

**iNutritionals™** Because your brain is hungry.

[Home](#) | [Ask Us](#) | [Contact Us](#)

#### Browse

- » **Our Story**
- » **Our Products**
- » **Feed Your Brain**
  - Brain Recovery
  - Brain Sustain
  - Vinpocetine
  - Dr. Perlmutter
- » **Healthy Living**
- » **Testimonials**

#### User Login

Physicians:

Members:

[Login](#)

#### What's New?

**Powerful Brain  
Nutrition.  
Great New Taste!**



## brainsustain™

Brainsustain™ is a dietary supplement developed through more than 15 years of research in the clinical neurosciences by board certified neurologist, David Perlmutter, MD. Its unique formula enhances brain performance and promotes brain health by improving the energy production of brain mitochondria, facilitating neural communication, and providing antioxidant action that reduces the production and damaging effects of excess free radicals in the brain. This antioxidant action is vital because excess free radicals are associated with brain inflammation – a marker and common thread among such neurodegenerative disorders as Alzheimer's disease, Parkinson's disease, multiple sclerosis, and ALS. Brainsustain™'s key ingredients have been extensively studied for efficacy at some of the world's most wellrespected medical institutions.



[Click here for de  
recipe idea](#)

[Add to Car](#)

These ingredients include:

- **Coenzyme Q-10** measurably increases the efficiency of cellular energy production, demonstrated in studies performed at the Massachusetts General Hospital.(1) In ad serves as a potent brain antioxidant. These effects explain why major institutions w are vigorously evaluating **coenzyme Q10** as a therapeutic aid in brain disorders.
- **Alpha Lipoic Acid** provides powerful antioxidant action and regenerates other impo antioxidants including vitamins E, C, and glutathione. Unlike other antioxidants, alp **acid** is both fat- and water-soluble, greatly enhancing its ability to be absorbed from and penetrate into the brain.(2)
- **N-Acetyl-L-Cysteine (NAC)** dramatically increases the body's production of glutat of the brain's most important antioxidants. NAC itself is a potent antioxidant shown formation of nitric oxide, a free radical implicated for a causative role in Parkinson's Alzheimer's disease, and other neurodegenerative disorders.(3)
- **Acetyl-L-Carnitine**, like **coenzyme Q-10**, enhances neuronal energy pro-duction b transporting fuel sources into the mitochondria – the energy producing machinery o neuron. This particularly benefits damaged brain neurons, which are characterized b

decreased energy producing ability. In addition, acetyl-L-carnitine acts as an effective antioxidant and been demonstrated to protect laboratory animals from developing parkinsonism when they are exposed to chemicals known to induce the condition.(4) In a recent issue of Neurology found that acetyl-L-carnitine profoundly reduces the progression of Alzheimer's disease in younger patients.(5)

- **Vitamin E** exhibits profound ability to limit free radical damage in the brain – the likely explanation of why it outperformed a highly touted "Alzheimer's drug" in clinical trials in the New England Journal of Medicine.(6) Diets rich in Vitamin E have been shown to reduce the risk of Parkinson's disease by an incredible 61%,(7) and to dramatically slow disease progression in already-diagnosed patients when supplemented with Vitamin C.(8)
- **Ginkgo biloba**, one of the most extensively studied nutritional supplements for neurodegenerative conditions, directly improves brain metabolism, increases brain blood flow and provides antioxidant action. In a placebo-controlled, double-blind randomized trial published in the Journal of the American Medical Association, Ginkgo biloba not only slowed the progression of Alzheimer's disease; many subjects demonstrated an actual improvement noted in various standardized psychological tests.(9)
- **Vitamin D** may have even greater ability to quench brain free radicals than Vitamin E, studies indicate. Deficiencies of Vitamin D have been found in cases of Parkinson's, Alzheimer's, and MS.(10)
- **Vitamin B12 (Methylcobalamin)** is critical for maintaining myelin, the protective sheath surrounding each neuron. As with Vitamin D, Vitamin B12 deficiency is associated with neurodegenerative conditions.
- **Phosphatidylserine** produces marked memory and learning improvements in dementia patients, according to research conducted at Stanford University.(11) Like acetyl-L-carnitine and coenzyme Q-10, phosphatidylserine plays an important role in neuronal energy production and chemical communication.

Two scoops (40 grams) of <b>Brain Sustain™</b> provide the following:	
Vitamin C (as Calcium Ascorbate)	400 mg
Vitamin D	400 IU
Vitamin E (as d-Alpha tocopheryl)	400 IU
Niacin	100 mg
Vitamin B6 (as Pyridoxal 5'-Phosphate)	100 mg
Folate (Folic Acid)	800 mcg
Vitamin B12 (as Methylcobalamin)	200 mcg
Calcium	170 mg
Phosphorus	190 mg
Magnesium	50 mg
Sodium	40 mg
Potassium	55 mg
N-Acetyl-Cysteine	400 mg
Phosphatidylserine	100 mg
Acetyl-L-Carnitine	400 mg
Lipoic Acid	80 mg
Coenzyme Q-10	60 mg
Ginkgo Biloba extract (leaf) 24% Ginkgo Heterosides	60 mg
<b>This product contains no wheat, soy or corn.</b>	



**Brain Sustain™** is manufactured exclusively for iNutritionals, Inc. by Thorne Research, Inc Idaho. Our standards mandate a comprehensive analytical evaluation of all incoming pharm grade ingredients, utilizing state-of-the-art technology such as near-infrared spectrophotom inductively coupled plasma and high pressure liquid chromatography. This ensures you tha ingredients of **Brain Sustain™** achieve a level of purity unsurpassed in the industry.

**Recommendations: 1 or 2 scoops (20-40 grams) daily**

Product	Qty	ID#	Price	
<b>NEW! Brain Sustain™ Single Serve Packets</b>	(20grams/1 scoop)	INSS61987	<b>\$ 2.50</b>	<a href="#">Ad</a>
<b>Brain Sustain™</b>	(600grams/30 scoops)	INBS61972	<b>\$58.50</b>	<a href="#">Ad</a>

\*These statements have not been evaluated by the Food and Drug Administration. This pro intended to diagnose, treat, cure or prevent any disease.

\*THIS INFORMATION IS PROVIDED FOR THE USE OF PHYSICIANS AND OTHER LICENSED H CARE PRACTITIONERS ONLY. THIS INFORMATION IS INTENEDED FOR PHYSICIANS AND OT LICENSED HEALTH CARE PROVIDERS TO USE AS A BASIS FOR DETERMINING WHETHER OR RECOMMEND THESE PRODUCTS TO THEIR PATIENTS. THIS INFORMATION IS NOT FOR USE CONSUMERS. THESE PRODUCTS ARE NOT INTENDED FOR USE BY CONSUMERS AS A MEAN CURE, TREAT, PREVENT, DIAGNOSE, OR MITIGATE ANY DISEASE OR OTHER MEDICAL CON

#### References

- Schults, C.W., Beal, M.F., Fontaine, K., et al. Absorption, tolerability and effects on mitoc activity of oral **coenzyme** Q10 in parkinsonsian patients, *Neurology* 50: 793-795, 1998.
- Marangon, K., Deveraj, S., Tirosch, O., et al., Comparison of the effect of a **lipoic acid** an a-tocopherol supplementation on measures of oxidative stress. *Free Radical Biology and Me* 27(9/10): 1114-1121, 1999.
- Pahan, K., Sheikh, G.S., Nmboodri, A.M.S., et al., N-acetyl cysteine inhibits induction of N production by endotoxin or cytokine stimulated rat peri-toneal macrophages, C6 glial cells a astrocytes. *Free Radical Biology and Medicine* 24(1):39-48, 1998.
- Steffen V. Santiago, M., de la Cruz, C.P., et al., Effect of intraventricular injection of 1-methyl-4-phenylpyridinium protection by acetyl-L-**carnitine**. *Human Exp Toxicol* 14:865-8
- Thal L.J., Carta A. Clarke, W.R., et al., A 1-year multicenter placebo-con-trolled study of acetyl-L-**carnitine** in patients with Alzheimer's disease. *Neurology* 47:705-711, 1996.
- Sano, M., Ernesto, C., Thomas, R.G., et al., A controlled trial of selegeline, alpha-tocophe both as treatment for Alzheimer's disease. *N England J Med* 336:1216-22, 1997.
- Golbe, L.I., Farrell, T.M., David, P.H., Case-control study of early life dietary factors in Pa disease. *Arch Neurol* 45(12): 1350-3, 1988.
- Fahn, S., The endogenous toxin theory of the etiology of Parkinson's dis-ease and a pilot high-dose antioxidants in an attempt to slow the progression of the illness. *Ann N Y Acad S* 570:186-96, 1989.
- Le Bars, P., Katz, M.M., Berman, N., et al., a Placebo-Controlled, Double-blind Randomize an Extract of Gingko Biloba for Dementia. *JAMA* 278(16): 1327-32, 1997.
- Sardar, S., Chakraborty, A., and Chatterjee, M., Comparative effectiveness of vitamin D dietary vitamin E on peroxidation of lipids and enzymes of the hepatic antioxidant system i Sprague-Dawley rats. *Int J Vitam Nutr Res*, 66(1):39-45, 1996.
- Crook, T.H., Tinklenberg, J., Yesavage, J., Effects of phosphatidylserine in age-associate impairment. *Neurology* 41:644-49, 1991.

©2002 iNutritionals™ All Rights Reserved.

site by seventy-two dpi